MAY 2017

dibəl ti ?acaciltalbix gbl ti xwəlč yəx ti stultulək yəx ti calcaləl.

COMPLIMENTARY

Seeking Squaxin Youth, Ages 16 - 21 Who Desire Summer Employment

It's that time of year again to begin recruitment of Squaxin Island Tribal Youth who desire summer employment with Squaxin Island Tribe. If you are a Squaxin Tribal member between the ages of 16 and 21 and are interested in working for six weeks this summer, please contact Niki Ho in Human Resources to get an application. You must submit an application even if you participated in the program last year.

The six weeks of employment will begin on July 6, 2017 and will run through August 11, 2017.

If you would like assistance with completing your application, writing a cover letter or doing a resume, please attend one of the application workshops scheduled to take place on Tuesday, May 16, 2017 and Thursday May 25, 2017 from 3:00 – 5:00 p.m. in the Tribal Center Training Room.

Please note all applicants for Little Creek Casino Resort will be asked to attend an additional orientation workshop to complete the licensing process.

Your application must be submitted by Thursday, June 1st 2017 so that we have time to find positions for all who complete the application process. Applications received after June 1, 2017 will be considered only if positions are still available.

Squaxin Preference will be exercised in accordance with the Tribe's Personnel policies. If you have questions about this program, please contact Niki Ho at (360) 432-3845.

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Stepping Stones: Youth <u>Pre Employment</u> Training Program For Squaxin Youth AGE 13-15

Annual General Body Meeting May 6, 2017

> Sign in starts at 8:30 a.m. Lunch will be served at noon

> > Elections will be held for: Tribal Council Chairman Tribal Council Member #1 Tribal Council Member #2

Per Tribal Council, the General Body Meeting is for TRIBAL MEMBERS & SPOUSES ONLY. Enrollment will be checked at the door.

For more information contact the tribal center at 360-426-9781

Youth will participate in group projects, which promote the development of accountability, work ethics, and pride in the community. This hands on model will encourage tribal youth in learning a multitude of transferable skills they can apply to later employment for Squaxin Island Tribe or elsewhere.

If you are a Squaxin tribal youth who is going to be 13 - 15 years old by July 1, 2017 and are interested in participating in this program, please call Steven (360) 432-3865 in Human Resources to leave your contact information. We will want to provide you with additional program information. Please be ready to provide the following:

- Name
- Address
- Phone number
- Date of birth
- Squaxin Island Enrollment number
- T-shirt size

To assist us with the planning and to ensure you get a t-shirt, please stop by or call by June 1, 2017. <u>Employment Applications</u> are not required for Stepping Stones. Contact after June 1, 2017 may result in being put on a waiting list with consideration only if there is still available space.

Parents: To provide an initial opportunity for training in the employment application process, please encourage your youth to call or stop by on their own, rather than calling on their behalf.





Community—





Squaxin Island RIBAL NEWS

10 S.E. Squaxin Lane Shelton, WA 98584

PHONE: (360) 426-9781 TOLL FREE: 877.386.3649 FAX: (360) 426-6577 www.squaxinisland.org

Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Tribal Council.

The Klah-Che-Min encourages Tribal Members to submit letters, articles, photographs and drawings to be considered for publication, but are subject to editing.

Contributing writers and artists include Squaxin Island community members and staff.

Submissions Deadline: 15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

Dave Lopeman: Chairman
Arnold Cooper: Vice Chairman
Charlene Krise: Secretary
Vicki Kruger: Treasurer

WHITNEY JONES: 1st Council Member
JIM PETERS: 2nd Council Member
VINCE HENRY: 3rd Council Member

Klah-Che-Min Staff:

Theresa M. Henderson: Ext. #3945

thenderson@squaxin.us

Updates From Tribal Council Members

Whitney Jones - The last several weeks have been heart-wrenching for our community. Please continue to offer prayers for comforting thoughts and the easing of pain and grief for the family members of the several tribal members who have passed on this spring. May our members and families reach out, come together, and provide support to each other in this time of sorrow.

This is a pivotal time for our Tribe, both on the national level and closer to home. In our immediate corner of the world... this May's General Body meeting brings the retirement of our Chairman, David Lopeman. When announcing his retirement, the Chairman talked about is desire to spend more time with his family and, after so many years of service to the Tribe, he has certainly earned that. As a tribal member and fellow council member, I express my deep appreciation for the history of leadership that Chairman Lopeman has brought to our tribe. Decades ago his willingness to stand up and push back when needed and to fight for our tribal sovereignty truly helped strengthen the Tribe and bring us to where we are now. His persistence and tenacity has influenced some of the tribal leaders we have now and will have in the future. Best wishes on your future adventures Dave!

On the state and national fronts... we continue to watch closely what is happening with Federal policy changes and decisions that may impact Indian Country. The need for our leadership to track those changes and to understand how they affect the Tribe, its programs, and its members is more important now than ever. We can't afford to sit back and be complacent. We must be prepared to show up – armed with knowledge and understanding, to be responsive and to ensure that we can convincingly speak about our tribal needs at all levels. I hope you will continue to have high expectations for information and communication from the Tribal Council.

I look forward to seeing a lot of you at the General Body meeting in a couple weeks. Our Tribe has a lot going on, and

this is just one of the places that you can learn more about those things. It has been my honor to serve you on the Tribal Council these last three years. It is a very difficult and challenging job, as it should be, and also very rewarding. And there is so much more to do. I hope you will bring your questions, your thoughts, and your passion for the continued growth, enhancement, and forward movement of our Tribe with you to the meeting.







COMMUNITY -



Enrollment is the Foundation of the Squaxin Island Tribe

By Tammy Ford - Enrollment April 21, 2017

For those who were not so fortunate to attend the Enrollment Focus Forum held on March 25th by James Mills from Creating Stronger Nations, here are some highlights on the event. Thank you to all those who made it possible.

James Mills is called upon by many tribes across the nation to assist with enrollment issues, especially those dealing with the sustainability of tribes into the future.

James Mills gave a presentation on the topic of Squaxin enrollment and blood quantum to a large audience in the community kitchen. He explained how blood quantum is calculated, and answered questions about Squaxin enrollment requirements. He also discussed DNA (heritage) testing, and key issues pertaining to the diminishing blood quantum with each generation.

James brought a broad perspective to the conversation and is an excellent resource for enrollment issues. He advises many tribes that, because they require blood quantum to enroll, face the eventual elimination of tribal members and the Tribe. He provides tribes with facts and examples of what is occurring across Indian country. He holds a wealth of information from his extensive research and knowledge of many laws and treaties. James has assisted many tribes with identifying alternatives and deciding whether to lower or eliminate blood quantum and/or to adopt other alternatives to blood quantum for membership/citizenship criteria.

Following the presentation, James held a "mini-focus forum" where small groups of Tribal members discussed enrollment concerns, and came up with a wide range of ideas about how Squaxin might proceed in the future. The discussion was thoughtful and productive. The Tribal Council and Enrollment Committee are supporting the continued education and conversations in the community so that we can make informed decisions about our future. The Tribe plans to hold more of these presentations and focus forums.

Enrollment and the Information Services department are working hard to compile enrollment data and create projections that will demonstrate what happens in the future if Squaxin's eligibility requirements stay the same, and if they are changed in different ways. This information will be shared with the Tribal community to help foster more educated discussions about this critical issue. Let's continue to meet to share the past, present and the future of enrollment and become better educated to make informed decisions.

We are grateful for the encouraging opening Prayer by Joseph Seymour on "vision and strength-together," and to all the speakers, and particularly James Mills.

Lunch was provided by Bobbie Brown and was spectacular. Family Services, with Kathy Ackerman, ensured the availability of the community kitchen for this fabulous event. Many thanks to the setup crew: Kimi James, Wicket McFarlane and her daughters Ana and Anita, Brittany McFarlane, and Patricia Green for volunteering to help us clean up, and anyone else not mentioned.

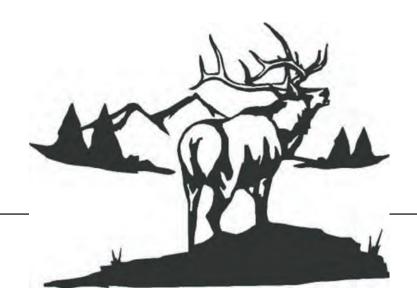
How Enrollment is handled from here on will reflect who we are as a people. The stronger we are, the stronger our voices. We would like to share with you the following poem that we hope affects you as it did us:

Our voices

It's the passion, it's the pride,
It's the way we feel inside.
It's a shout, it's a sigh,
It's the strength.
It's realizing why we connect - like we do.
It's understanding you.
A collection of choices that celebrates our voices.

Author unknown





Hunting Committee Meeting

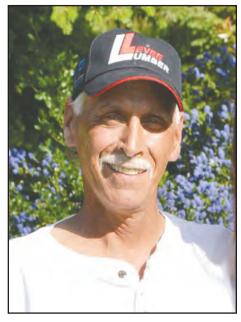
10:00 a.m. Friday May 5th, 2017

Squaxin Natural Resources

COMMUNITY —



Our Hearts are Broken ... Walking On ...



Keven Harper

Keven Wayde Harper, Squaxin Island tribal member, passed away at home April 2, 2017 from his 16 month battle with cancer.

Keven met Cheryl Wolfenburger in 1985 and got married June 11, 1988 in the Capital Rose garden.

His favorite jobs were working for the Olympia/Miller Brewing Co & Squaxin Island Tribe.

He is survived by his wife, Cheryl Harper; daughter, Claudia Limburg; niece Candis Larsen; great-nephew, Bryan Villavicencia, who he helped raise; brothers, Rick, Russell and Collen Harper, and Jason and Greg Koenig; sisters, Crystal and Janice Harper from GA.

He was preceded in death by parents, Martha Whitener and Collen Harper and sisters, Chrystal Fisher and Sabrena Johns.





Del Johns

Del Allen Johns, 55, was born in Fort

Ord, California on July 1, 1961 and

son of Dick Jackson, great-grandson

of Charles Johns, and son of Delwin

Charles Johns and Charlotte Donna

Olympia and Shelton area where he at-

tended Capital High School. After high

school, he had several career paths; he

worked as a pile driver, security officer,

commercial fisherman, commercial shell

Island Tribe. He enjoyed fishing, har-

vesting shellfish, and, most of all, spend-

heart of gold, his love and passion as a

father, his outgoing personality, and his

love for spending time in his boats on

lotte; brothers Dave and Douglas; and

several children, Jennifer, Marcus, Curtis, Nick, Anthony, Max, and Sophia.

ing time with his family and friends.

Del was a member of the Squaxin

He will be remembered by his

Del Allen Johns is survived by his wife, Dena Marie Johns; mother, Char-

fisherman, and commercial diver.

Del was the great-great-grand-

Del spent most of his life in the

passed away on April 8th, 2017.

Del Johns - Bear Clan

We are a strong clan who stand strong when we are one. We were taught to respect everything and everyone. We pass on our wisdom to our cubs, teach them to hunt and how to live off the land and only take what we need.

I'm an Elder and my time has come to join other Elders and other family that passed before me.

I'm a spirit warrior now and I will be watching over you now.

Just know I love you all and remember to stand tall and strong together as one

Strength is in the family.



Herb Johns Information in next month's Klah-Che-Min



Jay Hall

Jay

A Young Man So Loved With His Wings He'll Fly Our Time With Him Short Making All of Us Cry

His Smile, His Spirit Jay's Personality Too We'll Treasure Forever Our Love For Him True

Our Heart's So Heavy Our Spirit's So Torn Our Jay Will Be Missed Our Jay Will be Mourned

To Jay's Beautiful Mom Jay's Sibling's too To All Of Jay's Family I Hold My Hands Up To You

By Joanne Decicio

More information in next month's Klah-Che-Min





the Salish Sea.

Vorse.





Walking On ...



Tom Grover

Tommie Parks Grover, Sr., a beloved member of the Skokomish community and enrolled member of the Quinault Indian Nation, died Monday, April 3rd, 2017 surrounded by family and friends.

He was born on June 21st, 1952 to Kenneth Sr., and Tillie Grover in Aberdeen, WA. He spent his childhood on the Quinault Reservation in Taholah and in central California.

He attended school as a child in Taholah and later attended Alameda and Moclips High Schools. Along with his brother, Ron, he was an avid football player, basketball player and boxer. He attended college at Haskell University in Lawrence, Kansas where he studied journalism.

In his younger years, Tom learned to fish on the Quinault River. He inherited a ground from his uncle and would later also fish on the Chehalis River.

Although he loved the water, the baseball diamond is where he was at home. He played well into his 60's and coached children of all ages. He was a member of the Taholah Stars, who were known throughout Indian Country as a team that always shined bright and won often. Tom shared his knowledge of the game and his passion for discipline and hard work with many throughout the years. He was a coach, mentor and father figure to numerous youth in the

communities in which he lived. He brought out the best in those he coached by helping them to push past their own limits and embrace hard work, discipline and dedication.

He enjoyed photography and collecting baskets and artifacts. He especially loved hosting big family dinners for the many young ones who called him Papa. Everybody has a Tom story. His generosity, strength and humor will be missed sorely in Indian Country throughout the Pacific Northwest.

He is survived by his wife, Margie Gouley, his loving partner for over 30 years; his children, Marc Randolph, Michelle Ramirez, Lenissa Grover, Tommie Grover, Jolene Grover, Jesse Gouley, Sophia Grover, Willie Grover and Amanda Grover; siblings, Kenneth Comenout, Lorna Grover, Kenneth Grover Jr., Patricia Grover, Annabelle Grover, Jessie Grover-Stevens, Ronald Grover, Charlie Grover; and 19 grandchildren.

He was preceded in death by sisters, Willa Grover, Jaqueline Grover, Phyllis Leahy and Rosalind Lucky; and his daughter Jaqueline Grover.

Candlelight services were held at the House of Slanay on Thursday, April 6, 2017 at 6:00 p.m. A Celebration of Life was held on Friday, April 7, 2017 at the Hood Canal School at 1:00 p.m., with dinner following.





AIANTA working to serve you better

This is an exciting year for tribal tourism as Indian Country looks to implement the Native American Tourism and Improving Visitor Experience Act or the NATIVE Act and as we continue to see an increase in visitors from all over the world to Indian Country. We want to make sure your voice is heard as we plan for the future. To ensure we understand the current opportunities and challenges in your region and can work to serve your tribe and tribal community better, please take a moment to complete this confidential survey on tourism needs.

We will be compiling the results for discussion and planning at our our regional meetings and annual American Indian Tourism Conference (AITC 2017). AIANTA is grateful for the support of the students at George Washington University for help in compiling this survey.

Take the survey at: https://www.surveymonkey.com/r/AIANTA

Elders Easter Dinner

Photos by Family Services staff









Happy Mothers Day



Elders Easter Dinner

Photos by Family Services staff











Community —







Running for Reelection



General Body,

My name is Whitney Jones and I have had the honor of serving as your Council Member 1 for the last three years. My position is up for re-election this year and I am asking for your vote to continue working for you in this capacity. Here are some things I'd like to review with you...

Three years ago I committed to you that I would track the Tribe's financial health and I would push for more and better planning for our future. I have been like a dog with a bone on this issue and through persistence and repeated requests to focus

on strategic planning we are finally moving in that direction and including it in Council discussions. I have also pushed to get us to commit to comprehensive community planning, with your input of course. We can't allow it to stall now; help me keep this on the front burner.

I committed to you that I would work on increasing communication and information sharing. I've fought diligently to do that by having more community meetings, finding a variety of opportunities to ask for your input, and giving public, written updates. But there is still much more that could be done. Help me continue to fight to ensure that Council decisions are more transparent, that you as the General Body have more opportunity to weigh in, and that accurate and timely information is given to you.

I committed to you that I will bring fresh perspective, will encourage the Council be more collaborative, and will prompt more action rather than just talk. I've done those things and I ask the questions you would probably ask. I examine issues to make sure we are exploring all aspects, and I follow up to make sure decisions are made and there is a follow-through action. That is what you should expect and I will continue to deliver in those areas.

Plans being laid out by the new federal administration give us reason to be concerned. There will always be significant issues the Tribe needs to address... finances, youth and elder needs, community services and safety, natural resources just to name a few. All of these things are critically important and it can be mind-boggling to figure out how we can protect and enhance them all as time goes on. I have the experience, the energy, and the drive to plan and prioritize, to overcome roadblocks, and to continue moving us forward. Thank you for your continued support and for your vote.









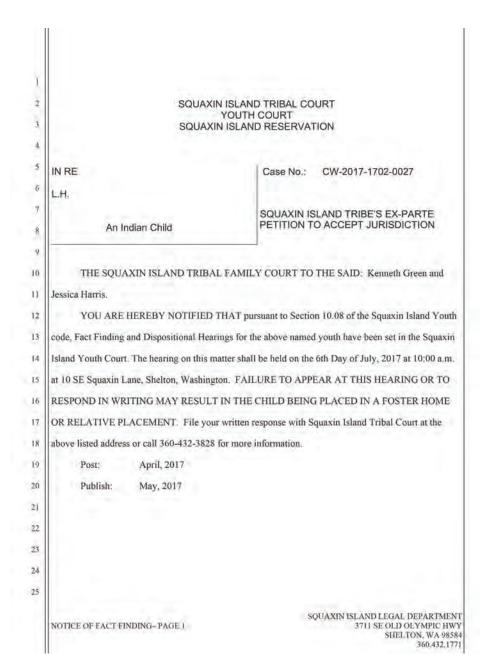
-HR | Community ——



Your Dog's Guilty Look May Come From Wolves

BY AMY SINATRA AYRES | APRIL 18, 2017

When your pooch bows his head low and looks at you with big sad eyes after he's done something wrong, he may be using a complex survival tactic evolved from wolves, writes Nathan H. Lents, a molecular biologist with the City University of New York, in Psychology Today. Young wolves use the "apology bow" as they begin social integration into a pack. If the young wolf bites too hard, for example, he might be spurned by the pack. He will then use the apology bow to get back in the pack's good graces. "Dogs have inherited this behavior and they will use it after any kind of infraction that results in being punished," Lents wrote. "As social animals, they crave harmonious integration in the group and neglect or isolation is painful for them." — Submitted by Gus, the Doggey Guy









New Employee



Courtney Butler ICW Social Worker

I have been hired as an ICW social worker and will be working in family services. I am a recent graduate of The Evergreen State College. I am a descendent of the Squaxin Island Tribe and an enrolled tribal member of the Skokomish Tribe. I have two fur babies, a Labradoodle named Arya, and a Bulldog named Tyrion. I love spending time with my nephew and niece, and I enjoy hot yoga, artwork, and participating in the tribal canoe journey. I am excited about working as an ICW social worker. My college social work studies have always focused on Indian Child Welfare and youth prevention. I have worked with youth in summer programs and have always appreciated spending time with our youth. The children are the future of all tribes and it is important to protect them. Family preservation, reunification and culture matters to all of us. I look forward to getting to know everyone and being involved in the community. I am committed to the future of Squaxin Island, and grateful for the opportunity to work here.







-Human Resources——



New Employees



Markiemiho Johns Community Garden Field Tech Lead

I am from the Johns family. My father is Dave Johns. I have practiced treaty rights for all my life. I also have worked in the autobody and construction fields.

What mostly excites me is seeing our community develop healthier ways to eat. I look forward to working with our tribal and community employees.



Rodney Krise Community Garden Field Tech 1

I've done landscaping before and have used a chainsaw and built a floor for my neighbors once.

I look forward to seeing a healthy garden and maintaining it.





Patrick Whitener Housing Maintenance Technician

Hi! I look forward to this new job and working with all of you. Have a great day and thank you.





New Jobs



Tribal Member Twins Start New Jobs Pat and Pen

Squaxin Island Tribal members Penni Giles and Patti Puhn both started new positions with Squaxin Island Tribe on April 3rd.

Penni has returned to Squaxin from Idaho after being gone for 5 years. She has returned to a position in the Department of Community Development as a Planner. She is very happy to be back home.

Patti has moved from the position of Director of Human Resources to the position of Director of Operations. She is looking forward to further opportunities to serve the Tribe.









TLC



Afterschool Program Highlights

Jerilynn Vail-Powell - As we near the end of the school year, we are busy thinking and planning for summer. We would like to invite parents and other community members to join us on May 15th from 4:00 - 6:00 p.m., upstairs in the TLC classroom. It is a time to see what we have planned for the youth this summer. The new registration forms will be ready for families to complete. If you wish, it will also be a time to purchase an additional Summer Rec tee shirt. If any community members are interested in volunteering this summer, we will have volunteer applications ready for you to complete - please bring a valid government ID for us to copy. Summer Rec 2017 hours will be from 7:30 - 4:00 p.m. Lastly, if you check our afterschool calendar - we have a few tribal holidays this month and the afterschool program will be closed.

Teen Program Updates

Laurel Wolff - Twelve Squaxin Youth Council members attended the 42nd annual Northwest Indian Youth Conference in Winthrop, WA. The conference was packed full of engaging speakers and hands on breakout sessions. Highlights from the conference included listening to Matika Wilbur talk about traveling around the country while photographing Native peoples, learning about Steven Paul Judd creating art that represented him and his culture, and hearing Dennis Banks talk about past and present political activism.

Teens participated in a variety of hands-on workshops including basket weaving, traditional food preparations, lacrosse and canoe carving. Teens attended a "Leadership, Arts and Activism" workshop where they had to create a piece of art addressing a topic that was important to them, then present their piece to the group. Squaxin teens wrote and performed raps about police reform. The last night of the conference was a traditional dinner and dance.

Malia Henry, Squaxin Island Youth Council President, accepted the role of host for next year's conference. We are very excited to be hosting next year's Northwest Indian Youth Conference. If you would like to help or be a part of the event, please contact the Youth Council. Thanks to our great chaperones Kassidy Whitener, Shawn Lincoln and Shawnell McFarlane, for coming along. We couldn't have gone without you.

GED and Homework Support Info

Jamie Burris - Make that final push to complete your GED before the Sgwi' Gwi Celebration. Now is the time to come in and take practice tests, find out what needs to be studied, and be prepared for taking actual tests. If you are a tribal member or descendent, the Tribe will pay for your practice tests and testing! This is a huge benefit that you should be using. Usually, each practice test costs \$6.00 and the official tests cost \$30.00 for each subject. There are four subjects: math, language arts, science, social studies.

I am here Tuesday, Wednesday and Thursday 4:00 - 7:00 p.m. in the classroom upstairs. Come up to find out about the GED program, how to earn a GED, and how I can help you on this journey. You can also learn more online about GED testing at www.ged.com.

Needing support with your homework? The school year is quickly coming to an end. Make the end of the school year less stressful by getting all missing assignments, homework, and projects done and turned in. Bring in all of your work and I will help you complete it! For more information, please email me at jburris@mccleary.wednet.edu.

Higher Education News

Mandy Valley - Just a reminder that receiving higher education funding from the Tribe during summer quarter is by special request only! You must write a special request letter to the Education Commission, along with submitting the required Memorandum of Commitment, a copy of your summer class schedule, and a copy of your official grades from Spring 2017. The deadline for submitting your tribal higher education paperwork for Summer 2017 is May 22nd.

Make a note - August 4th is the deadline to complete and return all Squaxin higher education documents if you are seeking tribal funding for the 2017/2018 school year. It is important to remember that any tribal member applying after the deadline may not have their tribal higher education funding available to start school in the fall. Paperwork can be picked up at the Education Department, Monday through Friday, between 7:30 a.m. - 4:00 p.m. If you have any questions or need any assistance please call me at (360) 432-3882, or send me an email at mvalley@squaxin.us.



SUMMER REC DATES:

JULY 5TH – AUGUST 18TH OPEN 7:30_{AM} - 4:00_{PM}

We will start to take registrations on May 15th.
 Have a chance to order additional Summer Rec T-shirts until June 1st.
 Families interested in volunteering - Stop by the T.L.C. to fill out a volunteer application.

Have any questions, contact Jerilynn at 432-3992 or jvail@squaxin.us







TLC—





Shelton School District

Indian Education Awards Banquet

You and your family are cordially invited to a celebration in honor of the Shelton School District Native American students

Friday May 19th

At the Shelton High School SUB at 6:00 pm

Salmon Dinner, Awards Program,

Senior Button Robe Presentation

Feel free to bring your favorite dish



MAY

Teen Program

Laurel Wolff teen advocate: 432-3842 Check Facebook @ Squaxin Teens for updates to Calendar!

Monday	Tuesday	Wednesday	Thursday	Friday
Weaving 4:00-5:30	Basketball Practice 3:30-4:30 Craft Class 3-5 Drum Group 5-7	Basketball Practice 3:30-4:30 Beading 3:30-5:00 Dance Workout 5-6	Basketball Practice 3:30-4:30 Youth Council 5:00-6:00	Early Release Outdoor Club 2;00-6;00
8 Weaving 4:00-5:30	Basketball Practice 3:30-4:30 Craft Class 3-5 Drum Group 5-7	Basketball Practice 3:30-4:30 Beading 3:30-5:00 Dance Workout 5-6	Basketball Practice 3:30-4:30 Youth Council 5:00-6:00	American Indian Day Closed
15 Weaving 4:00-5:30	Basketball Practice 3:30-4:30 Craft Class 3-5 Drum Group 5-7	Basketball Practice 3:30-4:30 Beading 3:30-5:00 Dance Workout 5-6	18 REAL TALK 4:00-5:00 Youth Council 5:00-6:00	Early Release CHUM Points Party TBA
22 Weaving 4:00-5:30	Basketball Practice 3:30-4:30 Craft Class 3-5 Drum Group 5-7	Basketball Practice 3:30-4:30 Beading 3:30-5:00 Dance Workout 5-6	Basketball Practice 3:30-4:30 Youth Council 5:00-6:00	Teen Room Closed
Memorial Day CLOSED	Basketball Practice 3:30-4:30 Craft Class 3-5 Drum Group 5-7	Basketball Practice 3:30-4:30 Beading 3:30-5:00 Dance Workout 5-6		









Squaxin Youth Education, Recreation and Activities May 2017 Calendar *TLC Hours: M-F 7:30am-7:00pm Front Desk: 432-3958 Rec Rm: 432-3957 (only 3-6pm)

Monday	Tuesday	Wednesday	Thurse	day	Friday
Rec Rm: 3-6pm Bully Prevention: 5-6pm Open Gym: 3-6pm Open Swim: 3-6pm	Rec Rm: 3-6pm Culture Night: 5-6pm 8 & Under-Bball 5-6pm	3 GSD-ER @ 2:30pm Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-6pm	Rec Rm: 3-6pm Crafty Kitche 2 nd -5 th Bball 5-6	n: 5-6pm	5 SSD- 1.5 HR ER Rec Rm: 1:30-6pm Mother's Day Dessert 6-7pm Open Gym: 5-6pm Open Swim: 5-8pm
8 Rec Rm: 3-6pm Bully Prevention: 5-6pm Open Gym: 5-6pm Open Swim: 3-6pm	9 Rec Rm: 3-6pm Culture Night: 5-6pm 8 & Under-Bball 5-6pm	10 GSD-ER @ 2:30pm Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 2:30-5pm ITL Game: 6pm & 7pm Open Swim: 3-6pm	Rec Rm: 3-6pm Crafty Kitchen: 5-6pm 2 nd -5 th Bball 5-6pm		Tribal Holiday Closed
Rec Rm: 3-6pm Bully Prevention: 5-6pm Open Gym: 3-6pm Open Swim: 3-6pm	16 Rec Rm: 3-6pm Culture Night: 5-6pm 8 & Under-Bball 5-6pm	17 GSD-ER @ 2:30pm Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 5-6pm Open Swim: 3-6pm	18 Rec Rm: 3-6pm Crafty Kitche 2 nd -5 th Bball 5-6	n: 5-6pm	19 SSD- 1.5 HR ER Rec Rm: 1:30-6pm Pool Party: 3-4:30pm Open Gym: 5-6pm Open Swim: 5-8pm
Rec Rm: 3-6pm Bully Prevention: 5-6pm Open Gym: 5-6pm Open Swim: 3-6pm	Rec Rm: 3-6pm Culture Night: 5-6pm 8 & Under-Bball 5-6pm	24 GSD-ER @ 2:30pm Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 5-6pm	Rec Rm: 3-6pm Crafty Kitche 2 nd -5 th Bball 5-6	n: 5-6pm	26 WHL- ER @ Noon Rec Rm: 1-6pm Pool Party: 3-4:30pm Open Gym: 5-6pm Open Swim: 5-8pm
Tribal Holiday Closed	30 Rec Rm: 3-6pm Culture Night: 5-6pm 8 & Under-Bball 5-6pm	31 GSD-ER @ 2:30pm Rec Rm: 2:30-6pm Arts-n-Crafts: 5-6pm Open Gym: 5-6pm			
Open Swim: 3-6pm After School Snacks: Computer Lab: Sylvan: Homework Help, GED Prep:	M-F 3-4:45pm M-Th 3-7, F 3-5pm M-Th 4:30-6:30pm T-TH 4-7pm	Open Swim: 3-6pm ER = Early Release WHL = Wa-He-Lut I SSD = Shelton School GSD = Griffin School	ol District	I.T.L. – Inter-Tribal League B-Ball High School: 9-12 Grade Middle School: 7-8 Grade Elementary: 4-6 Grade	







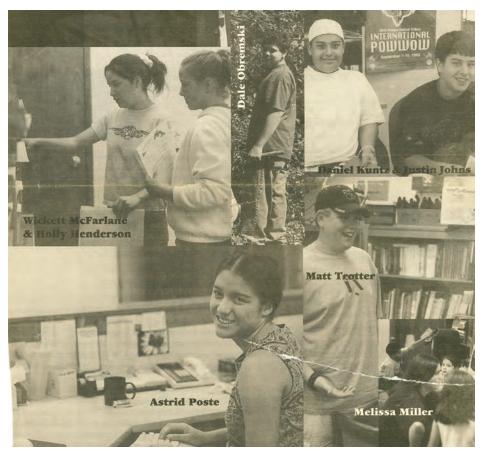




Summer Youth Employment Blast from the Past











We invite you to join us for:

Mother's Day Dessert on Monday, May 5th from 6-7pm in the Rec Room.
 We will have yummy desserts for our after-school kids' moms, grandmothers, aunties and loved ones. Please come join us for a little dessert!



Summer Sign-ups

We invite families and community members to join us and see our **Summer Rec Calendar**.

* Complete a new registration form.

* Have a chance to purchase an additional Summer Rec T-shirt.

* All order must be received by June 1st at 6pm.

Please join us on Monday, May 15th upstairs in the classroom from 4-6pm.

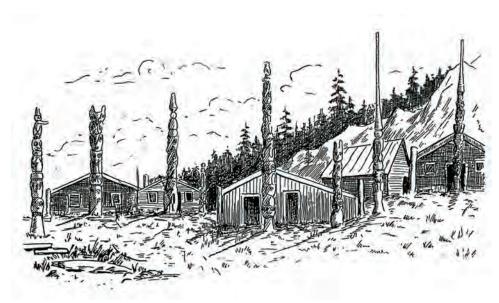
If have you have any questions, please contact Jerilynn at 432-3992 or jvail@squaxin.us





Family Services —





A Squaxin Island TANF Sponsored Event at Family Services.

HIGH SCHOOL 21 + PROGRAM

When: Weekly Tuesday & Thursday 8:30 am to 11:30 am

Who Should Attend: Community Adults ages 21 years and older that want to earn credit for knowledge gained from work and life experiences while tailoring an educational plan to fill gaps. Adults that want their high school diploma and are interested in a competency-based high school diploma with education geared toward transitioning into college & career programs.

<u>Experiences</u> might include GED tests after 2014, internships, certifications/special licenses, being a parent, fishing, participation in drug/alcohol treatment, sports, cultural events, the list is endless.

<u>To Begin</u> contact Shannon Bruff to obtain your High School transcripts. Shannon Bruff, (360) 432-3961, sbruff@squaxin.us



Thanks to SPSCC,
Shanon Millman,
and the students
hard work, We
already have
three students
graduated!
Squaxin Island TANF

Please Join Us

Building Strong Families Through Culture

BSFTC

Community Kitchen

Tuesday's
3:00 to 5:00

For the Formation and Maintenance of Two-Parent Families and the Prevention of Out-Of-Wedlock Pregnancies.

- Can you teach a craft?
- · Are you a weaver?
- Can you do beadwork?
- Can you make drums?
- Do you know how to sew?
- Do you have experience cooking for a large group of people?



If you are interested in teaching a craft class for Building Strong Families through Culture submit an outline of your experience and areas of interest.

* Please note classes take place every Tuesday from 3:00-5:00 pm



HEALTH CLINIC ——











United States Department of Agriculture

10 tips Nutrition **Education Series**



Based on the Dietary Guidelines for Americans

Build a healthy meal

Each meal is a building block in your healthy eating style. Make sure to include all the food groups throughout the day. Make fruits, vegetables, grains, dairy, and protein foods part of your daily meals and snacks. Also, limit added sugars, saturated fat, and sodium. Use the MyPlate Daily Checklist and the tips below to meet your needs throughout the day.

Make half your plate veggies and fruits

Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



Get creative in the kitchen Whether you are making a sandwich, a stir-fry, or a casserole, find ways to make them healthier. Try using less meat and cheese, which can be higher in saturated fat and sodium, and adding in more veggies that add new flavors and textures to your meals.

Include whole grains Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label.

Whole grains provide more nutrients, like fiber, than refined grains.

Don't forget the dairy Complete your meal with a cup of fat-free or low-fat milk. You will get the same amount of calcium and other essential nutrients as whole milk but fewer calories. Don't drink milk? Try a soy beverage (soymilk) as your drink or include low-fat yogurt in your meal or snack.

Add lean protein Choose protein foods such as lean beef, pork, chicken, or turkey, and eggs, nuts, beans, or tofu. Twice a week, make seafood the protein on your plate.



Avoid extra fat Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. Try steamed broccoli with a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

Take control of your food Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose options that are lower in calories, saturated fat, and sodium.

Try new foods Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.

Satisfy your sweet tooth in a healthy way Indulge in a naturally sweet dessert dish-fruit! Serve a fresh fruit salad or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

Everything you eat and drink matters The right mix of foods in your meals and snacks can help you be healthier now and into the future. Turn small changes in how you eat into your MyPlate, MyWins.

Center for Nutrition Policy and Promotion USDA is an equal opportunity provider, employer, and lender.

Go to Choose MyPlate.gov for more information.

DG TipSheet No. 7 June 2011 Revised October 2016

Walk. Have fun. **Prevent** diabetes.



Walking will help you prevent and manage diabetes.

Take these steps:

- 1. Start by walking 3 days a week.
- 2. Walk for 30 minutes each day. You can break it into three 10-minute sessions.
- 3. Make it a habit to walk at least 30 minutes, 5 days a week.

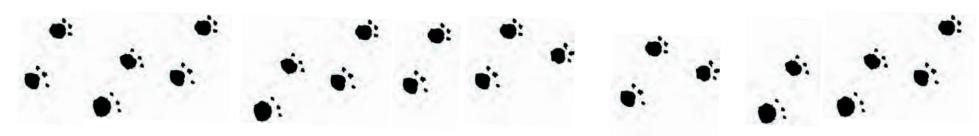


Produced by IHS Division of Diabetes Treatment www.diabetes.ihs.gov



HEALTH CLINIC —





New Season = Fresh Start Tobacco Cessation Support Groups and Classes

TANDANANANANANANANANANANANAN

Noon in Health Promotion or Food Bank Building

Wednesdays-12 Noon to 1:00 PM

Thursdays-12 Noon to 1 PM

Teens – Drop in Center Health Promotions Building Mondays – 3:30 PM Tuesdays – 3:30 PM Wednesdays – 3:30 PM

For more information, please contact Bobbie Bush, 360-432-3933, or email bbush@squaxin.us. If you plan on attending any of these meetings, please call me so I can plan the meals accordingly. One on one appointments are also available. Thank you.



1.

How Do I Raise My Toddler to Eat Healthy?

Part 2 of 3

 Offer the same foods for everyone. Don't be a "short-order cook", making a different meal for your child. Your child will be hungry for the next meal or snack if they decide not to eat.

- Allow your toddler to help with meals. Give them small jobs to do like tearing the lettuce, placing things in the trash, wiping the table. For more ideas, see choosemyplate.gov search "kitchen helpers"
- Let your kids be "produce pickers". Let them pick out vegetables and fruits at the store. Don't buy any foods or beverages you don't want your child to eat.
- 4. Offer choices: Rather than ask, "Do you want broccoli for dinner?", ask which vegetable would you like for dinner, broccoli or cauliflower?
- 5. Keep calm if they tantrum & do not give them attention. Likewise, don't bribe or force your child to eat certain foods or clean his or her plate. This might only ignite or reinforce a power struggle over food.



6. Set a good example: If you eat a variety of healthy foods, your child is more likely to do the same. Your child wants to copy you.

7. *Pay attention to beverages.* Some children eat poorly because they fill up with beverages. Water is best between meals. *Recommended maximum per day:*

Milk 16-24 ounces (2-3 cups); Juice 2-4 ounces (1/4 to 1/2 cup)

8. **Don't offer dessert as a reward**. Withholding dessert sends a message that dessert is the best food, which might only increase your child's interest in sweets. You might select one or two nights a week as dessert nights, and skip dessert the rest of the week— or redefine dessert as fruit, yogurt, or other healthy choices.



Sources for this page: http://www.mayoclinic.org & choosemy plate.gov

To schedule an appt for SPIPA WIC,

call & leave a message at 360.462.3224





HEALTH CLINIC ———



Foot Exam Afternoon With Dr Kochhar

Thank you, Frances Starr, Thelma Shea, Kim Kenyon, Janice Lopeman, Traci Coffey and Chauncey Blueback, for having your feet checked by Dr. Molina Kochhar, Podiatrist. If you have diabetes, make a habit of taking off your shoes & socks for all visits at our clinic so Tiff or Dr. Ott can check your feet each time you come to the clinic.

Foot Care Tips for People with Diabetes:

- 1. Look at your feet every day for red or black spots, ingrown toenails, cracking, dry skin, sores, blisters, or cuts. See your doctor right away for any of these problems.
- 2. Keep your skin soft & smooth. Rub a thin coat of lotion or even olive oil over the tops and bottoms of your feet, but NOT between your toes. The best time to apply lotion is right after your shower or bathe.
- 3. Wear shoes & socks at all times. Never walk barefoot. Wear comfortable shoes that fit well and protect your feet. Feel inside your shoes before putting them on each time to make sure the lining is smooth and there are no objects inside. Wear socks that do not leave an impression on your legs. Consider cutting a slit at the top of your sock to ease up the elastic.
- 4. Keep your blood sugars in line. General guidelines (check with your doctor for specific guidelines for you):

Fasting (or first thing in the morning): 80-110

Two hours after a meal: 80-140

Bedtime: 100-140

Hemoglobin A1C: under 7 %

These tips can help you to make your feet last a lifetime. Most amputations are preventable by taking quick action if any problems occur. If you have diabetes & are due for your annual exam with Dr. Kochhar, contact Patty Suskin at (360) 432-3929.











Diabetes Support Group Sets SMART goals

Submitted by Patty Suskin, Diabetes Coordinator - 15 people attended our diabetes support group on March 27. Our guest speaker, Gretchen Rice, MSW, ACSE from Mason General, introduced SMART goal setting and supplied a handout with tips on taking care of your health, including stress reduction, foot care, physical activity, healthy food choices and more. Participants were given time to practice SMART goal setting. If you missed the session & would like any of the handouts, let Patty know. 360.432.3929. psuskin@squaxin.us

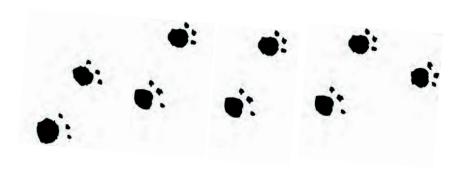






- Health Clinic ——





Socks Awarded at Diabetes Support Group on March 27

Submitted by Patty Suskin, Diabetes Coordinator - Great work and congratulations to the following people for taking care of their Diabetes: Don Brownfield, Pattie Caton, Traci Coffey, Elizabeth Cooper-Campbell, Rose Davis, John Krise Sr, Traci Lopeman, Glen Parker, Jack Selvidge & Millie Wagner.

These 10 people and a couple others took the time to complete all the 2016 tests and exams recommended by the IHS to stay healthy with Diabetes. This is a lot of work! As an incentive, they each received a pair of soft merino wool socks that feel great and wick away any moisture. Congratulations!



John Krise



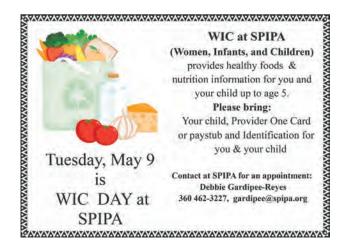
Glen Parker and Traci Lopeman



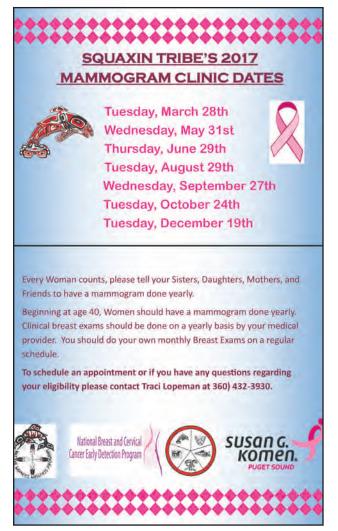
Millie Wagner



Don Brownfield









- Safe Streets —



Hello Squaxin Community

We wanted to update you all on what the Safe Streets and Explorer programs have been doing. On March 16th we did a drug awareness presentation and demo with the K-9 Officer for the Youth Council. We also did a second drug awareness presentation demo for the after school youth on March 23rd. All involved had a great time. The kids very much enjoyed Officer Gettle and K-9 Vador.



On March 25th, we put on a First Aid CPR class for the community. Instructor Mary

CPR class for the community. Instructor Mary Prentice did a fantastic job. We had a good turn out and I'd like to thank all of you who attended and a big thanks to Mary for teaching the class. Good job to all!

On April 3rd we assisted with Mason Fire Dist 4 staff. They came up and did a presentation for the youth on fire safety and then had a great game of dodge ball and basketball. Thank you Fire District 4 for your continued support. All of you guys did a fantastic job.

On April 5th, we assisted with the anti-bully presentation. Animal Control Officer Cindy Brewer and her K-9 companion, Jack, from Mason County Sheriff's Dept., came by and helped to educate the kids on bullying. Even our own Animal Control Officer, Gus, participated in the fun. Thank you Cindy and Gus!

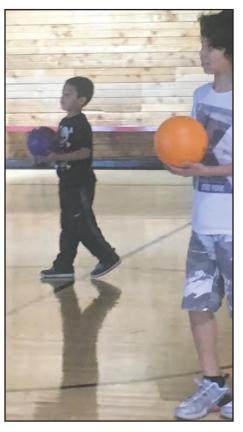
Then on April 10th, we had our second self defense class. The class was for our younger kids, ages 8-12. The third class will be for women only, ages 12 and up. It will be held on May 8th from 4:30 to 5:30 in the Squaxin Island Gym.

These are few of the things we have been doing over the last month. We look forward to more in the near future,

A quick and friendly reminder, please, no parking in the emergency only parking area in front of the gym. We have received some complaints and wish to deal with this without writing citations or towing of vehicles if possible. Thank you.

- R. Klusman, Community Liaison Officer /Squaxin Public Safety & Justice











Stats

Total reported incidents	1.
Drug incidents reported	1
Alcohol related incident reported	4
Total arrests	8
Total citations/infractions	3
Referred to other Agency	7
Tribal Court	4
Youth related incidents	2
Adult related incidents	13









Community ——



May Happy Birthdays

Leo Eugene Henry

2 Julio M. Valencia Robert James Jones Veronica May James

3 Kim Renee Cooper Krystal Ivy Koenig Vernon Charles Kenyon Xavien Malosi Manu-Saenz

4 Brian Stuart Tobin Kenai Anthony James

5 Ahree Kyla Allen Lauren M. Todd Payton John Lewis Todd Loren Hagmann, Jr.

G
Jacqueline C. Smith
Justin Cruz Saenz-Garcia
Raven Rose Thomas
Sally A. Brownfield
Taylor Ray White

7 Eric Bryant Castro Jaidon Israel Henderson Josiah Legend Perez

9 Colleen Kaye Merriman Jacob Donald Spezza Justin D. Johns Morningstar T. Green Takoda Noelani Tahkeal

10 Breanna M. Peters Kassidy RP Whitener

11 Jeromy Scott Meyer Richard Jackson Johns, Jr.

Janelle Malynn Krise

13 Dawn Marie Green Julie Merrae Owens Syrus Paul Barry Perez

14 Marlene Kaye Anderson Treyson Francis Spezza

16 Celia Laureen Rosander

17 Bryan Alan Johnson Christi Jean Aguinaga Donna Mary Wood Jaclyn Evasue Meyer Kasper Mae Allen Taylen M Powell

18 Barrett Warren Coble Marlene Kaye Castellane Shawnee R. Kruger Wolf Deschain Slagle James

19 Gary Lee Brownfield

20 Jeffery Sherwood Kenyon

21 Jennie Sasalle Martin Richard Collen Harper

22 Carly Rose Yes-Chid Peters Melissa Rae Grant Richard Lee Monger, Jr. Tamatha Dionne Ford

23 Brandon Lee Kenyon Levi Lee Sanchez III Michael S. Ogden Theresa Lee Sanchez Tiffany Ann Hartwell

24 Alexandra Isabelle Thais Mirka Donald F. Hartwell 25 Raymond Anthony Peters Spirit Rose Jones

26 Craig Woodburn Parker Mildred Irene Wagner Tyler Douglas Johns

27 Elsie Ada Quinn Thale Jeremyha Steven James

28 Cahsai Wolf Blueback-Robinson Donna Peratrovich Kurt Ellsworth Poste Molly Troxler

29 Jack Richard Selvidge 30 Iladee King Mataya GE Stroud

Candace Lee Ehrhard Carol Marie Phipps Daniel Sigo Melissa Ann Day Milah May Hawks







COMMUNITY -



Committees Commissions & Boards With Infrequent Meeting Times

Committee and Commissions

1% Committee (Bylaws & Appendix X2)

Elections Committee

Explorers Program Committee

Fireworks Committee (TC 6.04.040)

Gathering Committee

Law Enforcement Committee, Law and Order

Veterans' Committee

Budget Commission

Business Administration Board (TC 6.24.010)

Little Creek Oversight Board (TC 2.26.010)

Museum Library and Research Board

Tourism Board (TC 2.34.010)

Island Enterprises Board

Staff Rep. **Council Rep. Months** Arnold Cooper, Vince Henry, Vicki Kruger Kris Peters Feb., May, Aug., Nov. Whitney Jones Tammy Ford March, April, May Jim Peters Rene Klusman None May and June Charlene Krise Rhonda Foster Not yet determined None Kevin Lyon Not currently meeting None Glen Parker Vicki Kruger Kris Peters June and August As needed None Arnold Cooper, Vicki Kruger, Charlene Krise David Lopeman Charlene Krise David Lopeman Sept., Dec., March, June Arnold Cooper Leslie Johnson David Lopeman Dave Johns (Acting)



What's Happening						
5 6	5	4 Per Capita	3	2	1	
e General Body Meeting	Hunting Committee	Family Court				
	Housing Commission	Utilities Commission	Elders Committee			
12 13	Native American 12 Holiday	11	10	9	8	7
on	Education Commission		Aquatics Committee	Enrollment Committee		
s	SPIPA Board of Directors	Tribal Council	Golf Advisory Committee	Criminal/Civil Court	Child Care Board of Directors	
9 20	19	18	17		15	14
3 3	Shelton School District Indian Ed Banquet		Gaming Commission			
26 27	26	25	24	Criminal/Civil Court	22	21
		Tribal Council		Tobacco Board of Directors		
Smoking Cessation Classes Tuesdays (Adult 5-7) and Wednesdays (Adult (noon)) and Teen (3:15-4:15) Building Strong Families Through Culture/Drum Group Tuesdays 3-5 AA & ALANON - Wednesdays 7:30			31	30	29	28



Community ———



Elders Menu ... Fruit and salad at every meal

1st - 4th **MONDAY**

Bratwurst, Potato Salad

TUESDAY

Taco Soup, Turkey Sandwiches

WEDNESDAY:

Chalupas, Birthday Cake

THURSDAY:

BBQ Ribs, Mac-N-Cheese, Baked Beans

8th - 11th

MONDAY:

Twice Baked Potato Casserole, Peas

TUESDAY:

Clam Chowder, Frybread

WEDNESDAY: Chicken Pot Pie

THURSDAY:

Chicken Quarters, Rice/Gravy, Asparagus

15th - 18th

MONDAY:

Sausage Pasta Bake, Peas and Carrots w/ Biscuits

TUESDAY:

Tomato Basil Ravioli Soup, Ham/Cheese Sandwiches

WEDNESDAY:

Burger Dips, Potato Wedges, Corn

THURSDAY:

Casino

22nd - 25th

MONDAY:

Geoduck Fritters, Steamed Potatoes, Cauliflower

TUESDAY:

Italian Sausage Potato Soup, Meatball Subs

WEDNESDAY:

Pot Roast, Mashed Potato/Gravy, Broccoli, Rolls

THURSDAY:

Pork Loin, Baked Potato, Corn on the Cobb

29th - 31st

MONDAY:

Memorial Day

TUESDAY:

Chili, Corn Bread

WEDNESDAY:

Spaghetti, Mixed Veggies, Garlic Toast



Happy Birthday to the best dad and husband there is! Love, Your family

Congratulations Traci Lopeman! On all your many years of sobriety and all your good work!

Love you and so proud of you!

- Angie

Committees and Commissions Listed on Calendar

Committee and Commissions

Aquatics Committee Elders Committee **Enrollment Committee** Fish Committee

Golf Advisory Committee Hunting Committee Shellfish Committee **Education Commission**

Gaming Commission (TC 6.08.090)

Housing Commission Child Care Board of Directors Tobacco Board of Directors

Utilities Commission (TC 11.08.010)

SPIPA Board of Directors

Council Rep.

None

Arnold Cooper

Arnold Cooper Whitney Jones Charlene Krise Vicki Kruger Jim Peters Arnold Cooper Vince Henry Jim Peters Per Tribal Code None Arnold Cooper Vicki Kruger & Charlene Krise Jim Peters

Staff Rep.

Jeff Dickison Elizabeth Heredia Tammy Ford Joseph Peters Kris Peters Joseph Peters Eric Sparkman Gordon James BJ Whitener Richard Wells Bert Miller Ray Peters Teresa Wright Kathy Block

Meetings

2nd Wednesday in Feb., May, Aug., Nov. 1st Wednesday or Thursday 2nd Tuesday 2nd Wednesday in March, June 2nd Wednesday or Thursday

2nd Tuesday of July, Oct., Jan., April 1st Wednesday of March, June, Sept., Dec. 2nd Friday

3rd Wednesday 1st Friday 2nd Monday 4th Tuesday 1st Thursday 2nd Friday





Happy Mothers Day

Social Security Disability

If you have been denied Social Security Benefits because you receive a "Per Capita" distribution or other Tribal assistance please contact Diane at the Squaxin Legal Department for assistance.

(360) 432-1771 ext 0





